



## Sushi Roll

 **Gluten Free**  **Dairy Free**  **Popular**

READY IN



45 min.

SERVINGS



8

CALORIES



152 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 avocado
- 0.5 cucumber peeled cut into small strips
- 0.5 pound imitation crabmeat flaked
- 4 sheets nori seaweed
- 2 tablespoons pickled ginger
- 3 tablespoons rice vinegar
- 1.5 teaspoons salt
- 0.7 cup short-grain rice white uncooked

3 tablespoons sugar white

## Equipment

bowl

baking sheet

sauce pan

oven

knife

## Directions

In a medium saucepan, bring 1 1/3 cups water to a boil.

Add rice, and stir. Reduce heat, cover, and simmer for 20 minutes. In a small bowl, mix the rice vinegar, sugar, and salt. Blend the mixture into the rice.

Preheat oven to 300 degrees F (150 degrees C). On a medium baking sheet, heat nori in the preheated oven 1 to 2 minutes, until warm.

Center one sheet nori on a bamboo sushi mat. Wet your hands. Using your hands, spread a thin layer of rice on the sheet of nori, and press into a thin layer. Arrange 1/4 of the cucumber, ginger, avocado, and imitation crabmeat in a line down the center of the rice. Lift the end of the mat, and gently roll it over the ingredients, pressing gently.

Roll it forward to make a complete roll. Repeat with remaining ingredients.

Cut each roll into 4 to 6 slices using a wet, sharp knife.

## Nutrition Facts



## Properties

Glycemic Index:34.01, Glycemic Load:13.89, Inflammation Score:-3, Nutrition Score:5.012173883293%

## Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg

## Nutrients (% of daily need)

Calories: 152.04kcal (7.6%), Fat: 3.86g (5.93%), Saturated Fat: 0.57g (3.56%), Carbohydrates: 25.95g (8.65%), Net Carbohydrates: 23.27g (8.46%), Sugar: 5.92g (6.58%), Cholesterol: 3.12mg (1.04%), Sodium: 598.93mg (26.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.4g (6.8%), Folate: 63.79µg (15.95%), Manganese: 0.25mg (12.41%), Fiber: 2.67g (10.69%), Vitamin B1: 0.12mg (7.93%), Vitamin K: 6.68µg (6.36%), Vitamin B5: 0.62mg (6.23%), Vitamin B3: 1.18mg (5.88%), Vitamin B6: 0.11mg (5.54%), Copper: 0.11mg (5.45%), Iron: 0.94mg (5.21%), Potassium: 180.51mg (5.16%), Vitamin C: 3.81mg (4.61%), Selenium: 2.73µg (3.9%), Magnesium: 15.08mg (3.77%), Vitamin E: 0.55mg (3.66%), Phosphorus: 35.1mg (3.51%), Vitamin B2: 0.05mg (3.13%), Zinc: 0.4mg (2.7%), Vitamin A: 117.81IU (2.36%)